

# Bean Dip-Northwood High

<b>Servings:</b>	32.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19598
<b>School:</b>	Northwood High School		

## Ingredients

Description	Measurement	DistPart #
BEAN REFRIED SEAS DEHY	2 Package	183910
SALSA 103Z	1 #10 CAN	452841
SEASONING TACO SPICY	1 Fluid Ounce	413445

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.500
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 32.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	221.46		
<b>Fat</b>	1.58g		
<b>SaturatedFat</b>	0.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	914.15mg		
<b>Carbohydrates</b>	39.29g		
<b>Fiber</b>	10.52g		
<b>Sugar</b>	2.15g		
<b>Protein</b>	10.52g		
<b>Vitamin A</b>	0.74IU	<b>Vitamin C</b>	1.04mg
<b>Calcium</b>	58.83mg	<b>Iron</b>	4.68mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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No 100g Conversion Available

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